



YUMMY BARS ~ Makes 16 Bars

(No Bake, Vegan, Gluten Free, Naturally Sweetened)

“Don't be upset with the results you didn't get from the work you didn't do !”

INGREDIENTS

1 ½ cups 100% rolled oats

¾ cup whole almond

Heaping ½ cup dried blueberries, cranberries or cherries

½ cup pistachios

⅓ cup ground flaxseed

⅓ cup walnuts

⅓ cup pumpkin seeds

¼ cup sunflower seeds

⅓ cup pure honey or light agave

¼ cup unsweetened apple sauce

1 cup almond butter, peanut butter or sunflower butter.

Substitutions & Deletions - Substitute any nut/seed of choice (or nut/seed butter) or dried fruit as desired (sliced apricot, cranberries, cherries, dates & fig are all delicious here). However if you remove ingredient classes without replacing them, these bars will not work in the same way.



INSTRUCTIONS

Line an 8"x 8" (or so) baking pan with parchment or wax paper such that the paper hangs over the edges

Combine the first 8 ingredients in a large bowl and mix to combine.

Add agave or honey and apple sauce and mix to combine.

Add almond butter or any other butters to mixture and mix until combined.

Place batter in prepared pan pressing down firmly with palm of hands (or mini-roller if you have one) and distributing as evenly as possible.

Allow pan to sit in freezer for approximately 1 hour.

Remove pan from freezer. Lift singular slab from pan by lifting up on paper. Set slab down and gently peel paper away. Slice slab diagonally into 8 long bars and then cut each long bar in half to create a total of 16 bars. I find these bars keep best in a sealed container/bag in the freezer.



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Serving size: 52 grams Calories: 232 Fat: 16.2 g Saturated fat: 1.6 g Trans fat: 0 Carbohydrates: 15.2 g Sugar: 5.1 g Sodium: 2 mg Fiber: 3.8 Protein: 8.1 g Cholesterol: 0 mg

